

# Patient Safety Plan Template

## Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Step 3: People and social settings that provide distraction:

1. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Name \_\_\_\_\_ Phone \_\_\_\_\_
3. Place \_\_\_\_\_ 4. Place \_\_\_\_\_

## Step 4: People whom I can ask for help:

1. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Name \_\_\_\_\_ Phone \_\_\_\_\_
3. Name \_\_\_\_\_ Phone \_\_\_\_\_

## Step 5: Professionals or agencies I can contact during a crisis:

1. Smithland Medical Clinic	270-928-2146	205 East Adair Street	Monday - Friday	8AM - 5 PM
2. Salem Medical Clinic	270-988-3298	141 Hospital Drive.	Monday - Friday	8 AM - 5 PM
3. Marion Physician Clinic	270-965-4377	220 South Main Street	Monday - Friday	8 AM - 5 PM
4. Lourdes Behavioral Health Unit	270-444-2251	1530 Lone Oak Road, Paducah	24 - 7 - 365	
5. Baptist Health Madisonville Behavioral Health Unit	270-825-5650	900 Hospital Drive, Madisonville	24 - 7 - 365	

## Step 6: Making the environment safe:

1. \_\_\_\_\_
2. \_\_\_\_\_

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The one thing that is most important to me and worth living for is:

\_\_\_\_\_

Patient Name: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_